



Slow Cooker Pork and Sauerkraut with Apples



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 teaspoon fennel seed to taste



1 large onion sliced



6 pork chops thick-cut



1 quart sauerkraut



4 tart apples peeled sliced



6 servings water to cover

Equipment



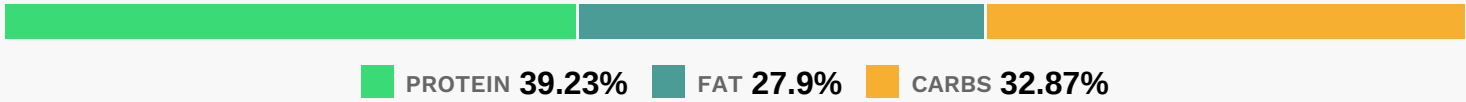
frying pan

☐ slow cooker

Directions

- ☐ Heat a large skillet over medium-high heat. Brown pork chops in hot skillet, 2 to 3 minutes per side.
- ☐ Drain.
- ☐ Arrange apples and onion in the bottom of a slow cooker; top with browned pork chops.
- ☐ Pour in enough water to cover bottom of the slow cooker crock.
- ☐ Cook on High for 3 hours (or on Low for 6 hours).
- ☐ Add sauerkraut and fennel seed to pork chop mixture. Cook for 1 more hour.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:5.64, Inflammation Score:-6, Nutrition Score:24.184782577598%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg, Catechin: 1.58mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg, Epicatechin: 9.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg, Quercetin: 9.96mg

Nutrients (% of daily need)

Calories: 311.34kcal (15.57%), Fat: 9.78g (15.04%), Saturated Fat: 3.38g (21.14%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 17.94g (6.52%), Sugar: 16.49g (18.32%), Cholesterol: 89.78mg (29.93%), Sodium: 1121.07mg (48.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.93g (61.86%), Selenium: 45.43µg (64.89%), Vitamin B1: 0.96mg (63.98%), Vitamin B6: 1.26mg (62.92%), Vitamin B3: 11.08mg (55.39%), Vitamin C: 30.65mg (37.15%), Phosphorus: 355.79mg (35.58%), Fiber: 7.98g (31.91%), Potassium: 937.1mg (26.77%), Vitamin K: 23.27µg

(22.17%), Vitamin B2: 0.32mg (18.91%), Iron: 3.22mg (17.88%), Magnesium: 66.92mg (16.73%), Manganese: 0.33mg (16.66%), Zinc: 2.5mg (16.65%), Copper: 0.31mg (15.43%), Vitamin B5: 1.23mg (12.26%), Vitamin B12: 0.71µg (11.84%), Folate: 46.24µg (11.56%), Calcium: 78.82mg (7.88%), Vitamin E: 0.62mg (4.12%), Vitamin D: 0.54µg (3.57%), Vitamin A: 100IU (2%)